



SILVER OAKS Memory Care

16 Coleman Place • Menlo Park, CA 94025 • (650) 322-2022

May 2023

SAVE THE DATES

- **May 1: May Day:** For this fun, Spring celebration, we will enjoy making May Day baskets and filling them with beautiful flowers!
- **May 4: Firefighters Day:** For this fun-filled day, we will make thank you cards and have some sweet doughnuts, and coffee, for all the times our local fire department came to our rescue!
- **May 5: Cinco de Mayo:** Viva México! We'll celebrate with native dress, music, sweet breads, and margaritas all the way from the south of the border. Saludos!
- **May 14: Mother's Day:** We'll celebrate our beautiful mothers with a "High Tea Party," serving delicate cookies, sandwiches, and teas of every flavor!
- **May 29: Memorial Day:** Silver Oaks will honor our veterans and remember those that sacrificed to keep us free with a full-on red, white, and blue barbecue! We salute you!



Silver Oaks Management Team

Executive Director	Ollie Vance
Resident Care Coordinator	Shayla Brewster
Resident Development Director	Danielle Dewall
Activity Director	Linda Mittelstadt
Dietary Director	Susana Sanchez
Environmental Director	Mario Vazquez

Business Hours
Monday–Friday
 9:00 AM–5:00 PM
Weekends
 10:00 AM–4:30 PM

*"May flowers always line your path
 and sunshine light your day.
 May songbirds serenade you
 every step along the way!"*
 --Irish Blessing





Welcoming New Residents

We are pleased to welcome Kristina to our Silver Oaks family. We are looking forward to getting to know you and building beautiful memories together!

Mom

*Sending this, Mom,
especially to say
Wishing you a happy
And wonderful day!
And to tell you this day
Will always be one
For remembering
the many sweet things
you have done!*



Join Us for Our Community Events

- **Cinco de Mayo, May 5th:** We are inviting friends and family to join us for a Fiesta! We'll have tacos, mariachi music, and even a piñata. The party starts at 11am. There will be a **\$15 donation per person** for food, and all proceeds will be donated to support Team Silver Oaks for the Walk to End Alzheimer's.
- **May 13th @ Noon, Alzheimer's Awareness Spaghetti Feed Fundraiser:** This event is open to the public, and we encourage anyone who wants to learn more about Alzheimer's and Dementia to join! You will have the opportunity to hear our special guest speaker from the Alzheimer's ASSC speak about the disease and answer questions you may have. It's also another chance to join our team and donate to Team Silver Oaks for the Walk to end Alzheimer's.
- **Memorial Day Celebration, May 29th:** We will be sending a formal invite to our Memorial Day Celebration. Please check your emails in the coming weeks for details around this historically fun, family event.

Homemade Bird Feeder

With spring upon us, flowers begin to bloom, and birds begin to tweet. Give those birds a delicious treat with a homemade bird feeder. Simply grab a box of unflavored gelatin and a bag of birdseed at your local grocery store. Mix 1/2 cup hot water and one packet gelatin; once the gelatin is dissolved, pour 1 cup birdseed into the liquid and mix to evenly coat. Next, fill a muffin tin or other fun-shaped molds with the concoction, and allow the mix to harden before "throwing" the snacks to the birds.



Looking forward to doing this fun, Spring Activity together!

Coupons for a Cause

An easy way to support the armed forces is to clip coupons and send them to military bases all over the world. Even expired coupons can be used at commissaries, as long as the expiration date is within the last six months. Several organizations provide guidance and instructions for this good deed, such as "Troopons" and "Coupon Cabin." Visit their websites for more information.



So Very Nice to See All of Your Smiles Again!

We are just so thankful to be able to see each and every one of your beautiful smiles. When Silver Oaks received the news, our team was overjoyed. Silver Oaks chose the superhero theme to show how much we appreciate our staff and family members. How brave each one of you truly are! We are all superheroes in the end.



Here Comes the Sun!

We are so excited warmer weather has arrived and our community is looking forward to spending a lot more time together outdoors on our lovely patio. We are asking that our family members provide hats and sunglasses for fun in the sun!



Live It Up on the Lawn!

Friends, fresh air and fun games. What could be better? Celebrate summer with these classic outdoor activities:

Cornhole. Scoring is simple for this laid-back beanbag toss: one point for landing a bag on the board and three for making it in. The first to score 21 points is the winner.

Horseshoes. The stakes are a little higher when you're pitching horseshoes, since landing a perfect ringer—when the horseshoe encircles the target—is a challenging goal.

Lawn bowling. Take advantage of sunny weather and go bowling outside! All you need are 10 plastic bottles to use as pins and a ball that's easy to roll, such as a beach ball or kickball. Fill the bottles with water, set 'em up and start bowling!

Bocce. An Italian variation of lawn bowling, bocce uses nine balls: four for each team, and one smaller target ball, called the jack. The jack is thrown first, then each team's players try to roll or bounce their balls to land closest to it. A makeshift bocce set can be made with a golf ball as the jack and eight tennis balls marked with colored tape to distinguish the teams from each other.

Our Silver Oaks Community is looking forward to all these fun activities throughout the Spring and Summer. Bring on the fun in the sun!

Making Donations Easy!

We are all working hard to find a cure for Alzheimer's, and to do so takes a village and then some. Please consider donating to our Silver Oaks Team for the Walk to End Alzheimer's



Our Deepest Sympathy

Our deepest sympathies go to the families of Cecily and Laurie. We're hoping time will heal the sadness you feel in your hearts. Cecily and Laurie will be missed by all of us. Please accept our deepest condolences and may Cecily and Laurie be at peace. We are grateful for the time that we were able to spend with them.





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